

Suicide in Canada: Key Statistics

DEATHS AND HOSPITALIZATIONS^{1,2}

approx. **12** PEOPLE die by suicide **EACH DAY**

approx. **4,500** DEATHS BY SUICIDE PER YEAR

Suicide rates are approx.

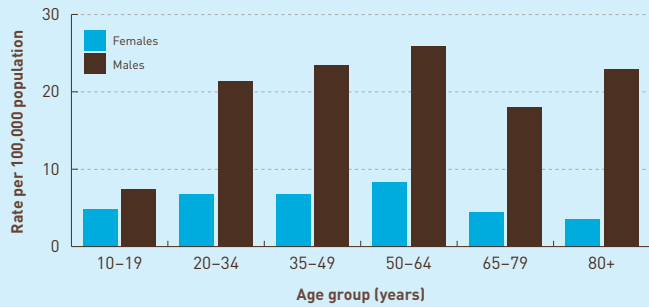
3X higher among men compared to women



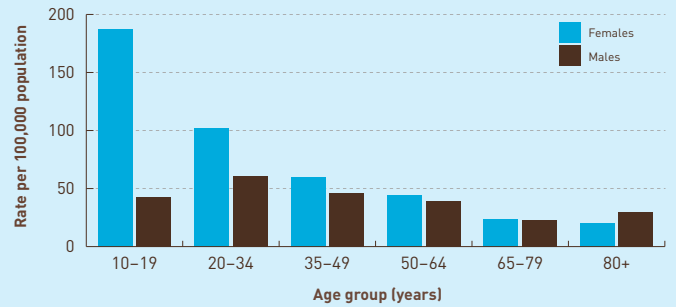
Suicide is the **SECOND** leading cause of death among youth and young adults (15–34 years)



DEATH rates by suicide per 100,000 population in 2019 (by age and sex)



HOSPITALIZATION rates associated with self-inflicted injury per 100,000 population in 2020–2021 (by age and sex)



SUICIDE-RELATED BEHAVIOURS^{3,4}

THOUGHTS



12.0%

had thoughts of suicide in their **LIFETIME**



2.6%

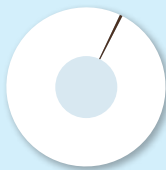
had thoughts of suicide in the **PAST YEAR**

PLANS



4.2%

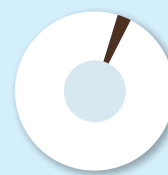
had planned suicide in their **LIFETIME**



0.8%

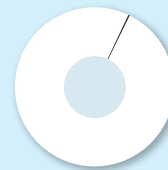
had planned suicide in the **PAST YEAR**

ATTEMPTS



3.1%

had attempted suicide in their **LIFETIME**



0.3%

had attempted suicide in the **PAST YEAR**

Published data may underestimate the total number of reported deaths, attempts, plans and thoughts of suicide, due to the stigma and other factors.

HELP IS AVAILABLE

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 9-1-1.

Help is available 24/7 for suicide prevention and mental health. Here are some resources:

- [Talk Suicide Canada](#): **1-833-456-4566** (or text **45645** from 4pm to midnight ET)
- [For Quebec residents](#): **1-866-APPELLE (277-3553)**
- [Kids Help Phone](#): **1-800-668-6868** or text **CONNECT** to **686868**
- [Hope for Wellness Helpline for Indigenous peoples](#): **1-855-242-3310**
- [Trans Lifeline](#): **1-877-330-6366**
- [Wellness Together Canada](#)
- [Preventing suicide: Warning signs and how to help](#)

LIKE US:

[@HealthyCdns](#)

FOLLOW US:

[@GovCanHealth](#)

¹ Statistics Canada. Canadian Vital Statistics—Death Database. 2017–2019. Released in January, 2022.

² Canadian Institute of Health Information (CIHI). Discharge Abstract Database (DAD), National Ambulatory Care Reporting System (NACRS) and Ontario Mental Health Reporting System (OMHRS). Fiscal year 2020–2021.

³ Estimates are for the population in Canada aged 15 years and older.

⁴ Statistics Canada. Canadian Community Health Survey—Annual component. 2020.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada